



January/February 2017 Newsletter

2016 Active Adult Volunteer of the Year

Active Adult Fitness Classes

Water Aerobics

M-F, 8:00-9:00 am

Low Impact Water

M-F, 9:00-10:00 am

Gentle Yoga

M & W, 11:00-12:15 pm

SilverSneakers Classic

Monday, 1:30-2:30 pm

Tuesday, 8:45-9:45 am

Zumba Gold

M & W, 4:15-5:15 pm

Yoga

Monday, 5:30-6:30 pm

Tuesday, 9:15-10:15 am

Thursday, 6:30-7:45 pm

Friday, 9:15-10:15 am

SilverSneakers Boom

Tuesday, 1:30-2:30

Wednesday, 8:45-9:45 am

Nia

T & Th, 4:15-5:15 pm

Barre Tone

Tuesday, 6:45-7:45 pm

Saturday, 8:30-9:30 am

SilverSneakers Circuit

Wednesday, 1:30-2:30

Thursday, 8:45-9:45 am

Pilates

Thursday, 10:30-11:30 am

Gentle Movement

Friday, 9:00-10:00 am

The 2016 Active Adult volunteer of the year is
Lorraine Chiachiere!

Since 2013 Lorraine has served the Erie Active Adult program, serving 439 hours. She helps set up and clean for lunch and special events, checks in participants, gives out change, orders supplies and anything else asked. Lorraine also purchases ice cream almost every birthday lunch, and on occasion, she drives lunch participants to and from lunch. Lorraine also volunteers for Meals on Wheels, Longhopes Donkey Shelter and Foxtail Pines Veterinary Hospital. Lorraine is giving, caring, a life time volunteer for many organizations, funny and has lived an interesting and fun life.



Lorraine was born in East Elmhurst, New York in 1948 and moved to Lynbrook, Long Island when she was two years old with her family. Lorraine says that growing up on Long Island was the best of both worlds. She lived in the suburbs and yet had the opportunity to work in New York City on Wall Street. She especially loved “the man on the street” and all his wares.

Lorraine married the boy-next-door and together they moved to Colorado after listening to John Denver’s hit song, “Rocky Mountain High.” Lorraine loved living in Boulder, Longmont and surrounding areas, however after eight years, she moved to New Port Richey, Florida where her parents had retired. Lorraine was able to transfer her job at E.F. Hutton in Boulder to the Clearwater, Florida office. She stayed in the brokerage business until she retired in 2012.

Eventually Lorraine found the house of her dreams in Erie, Colorado, and made a leap of faith by moving back to where she had always loved and hoped to return.

Lorraine enjoys spending time with her dog and cats. You can usually find Lorraine on her porch where she enjoys reading and listening to music. Lorraine also enjoys gardening in Colorado and spends a lot of her free time volunteering.

Please congratulate Lorraine and thank her! She is truly an amazing person!

For more information, contact
Cindy Hickman,
Active Adults Coordinator,
303.926.2795
chickman@erieco.gov

COLUMBINE LOUNGE

The Columbine Lounge is open Monday - Friday, 8:00 a.m. - 4:00 p.m. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents. Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

DROP-IN ACTIVITIES

Join us in the Columbine Lounge (unless otherwise indicated) during these times when others will be participating in the following activities. These scheduled times are ongoing.

Mon & Fri	9:00 a.m.	Coffee Talk
Mon & Wed	1:00 p.m.	Hand and Foot Canasta
Tuesday	12:30 p.m.	Party Bridge
Wednesday	12:30 p.m.	Duplicate Bridge
Thursday	1:00 p.m.	Busy Fingers
1st & 3rd Fri	9:00 a.m.	Painting in Lehigh Room
Friday	1:00 p.m.	Drop-In Games

COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 p.m. Join us for the social hour beginning at 11:00 a.m. Reservations are required no later than Tuesday at 5:00 p.m. by calling 303.926.2795.
\$3.00 - Suggested Donation for 60 +
\$10.00 - Fee for under 60



LUNCH ENTERTAINMENT

Entertainment is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch.

January 19	Wild Life Presentation, Talk
January 26	Heartlanders, music
February 2	A.J. Krieger, Town Administrator
February 23	David Potter, music



Hearing Assistance Available



This facility is *equipped* with a hearing assistance system. If you need hearing assistance, please ask for a receiver.

Trip Physical Activity Levels:

This is a generalization for trips.

Easy: Ability to board the bus, easy, mostly sitting

Light: Mostly sitting, with some walking

Moderate: Some walking, possible stairs

High: Lots of walking, stairs, elevation

Please contact the Active Adults Coordinator prior to registration for any questions regarding accessibility. Not all venues are accessible. For more information on day trip registration, accessibility, etiquette, cancellations and refunds see the trip brochure posted online or pick up a hard copy in the Columbine Lounge.

CASINO TRIPS



MARDI GRAS CASINO

Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package

includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package. You must be age 21 to enroll for these trips. **Meals are on your own. Fee includes transportation.**

Registration deadline is two weeks prior to date.

Day	Date	Time	Activity #
Mon	Jan 30	8:30 a.m. - 4:30 p.m.	5160.101
Mon	Feb 27	8:30 a.m. - 4:30 p.m.	5160.201
Fee:	R \$5 / NR \$6		



DAY TRIPS

Leopold Bros Distillery - Moderate

Tour includes: malting, mashing, fermentation, distillation, aging, packaging, and a tasting of up to 14 spirits. \$10.00 of the ticket price will be refunded back to you towards the purchase of 2 bottles in the tasting room. Before the tour you will have lunch at the Islamorada Fish Company and time to shop at the Northfield Center. Fee includes tour and transportation. Lunch is on your own. Registration deadline December 29.

Day	Date	Time	Activity #
Fri	Jan 13	12:00 - 6:30 p.m.	5161.101
Fee:	R \$40 / NR \$50		

Evening of Dancing Horses - Moderate

The wine and roses event of the National Western Stock Show, An Evening of Dancing Horses brings the best equestrian talent together in front of live music from the Denver Brass. Enjoy an evening full of formal dressage, reining, liberty and other talent from around the world. There is time before the show to explore and eat. Fee includes entrance to stock show grounds, show and transportation. Meal on your own. Registration deadline January 2.

Day	Date	Time	Activity#
Thu	Jan 19	4:00 - 10:30 p.m.	5162.101
Fee:	R \$27 / NR \$34		

Forever Plaid, Candlelight - Easy

Four guys who discovered they shared a love for music got together to form a close harmony group. Their career was cut short by an accident. Now the heaven-sent quartet is finally getting the chance to come back to earth and perform the show that should have been-and they're doing it just for you! Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline January 2.

Day	Date	Time	Activity #
Sat	Jan 28	11:30 a.m. - 5:00 p.m.	5163.101
Fee:	R \$55 / NR \$69		



Breckenridge Snow Sculptures - High

In 1991 Breckenridge hosted the first International Snow Sculpture Championships. Since its

inception, the event has fostered a spirit of worldwide artistic camaraderie, bringing together cultures as diverse as Russia, China, Japan, France, Switzerland, Sweden, Mexico, Great Britain, and Canada, just to name a few. Language barriers are broken down; political differences are set aside; and the result: art, pure and simple. Fee includes Coach Transportation. Lunch is on your own. Registration deadline January 19.

Day	Date	Time	Activity #
Fri	Feb 3	7:30 a.m. - 4:00 p.m.	5164.101
Fee:	R \$23 / NR \$29		

An Iliad, Boulder Ensemble Theater - Easy



In this spellbinding one-person retelling of Homer's epic poem the ancient tale of the Trojan War collides with our contemporary compulsion toward violence. Our storyteller, The Poet, who is fated to tell this tale throughout history, weaves a complicated story full of poetry and humor, heroism and horror. Before the play enjoy lunch at 95a Bistro. Fee includes show and

transportation. Meal is on your own. Registration deadline January 16.

Day	Date	Time	Activity #
Sun	Feb 12	11:45 a.m. - 4:00p.m.	5166.101
Fee:	R \$34 / NR \$43		

Snowshoeing Adventure - High

To truly experience the sport of snowshoeing, you need a guide to get you off-trail! You will experience a full day of private guided snowshoeing in Rocky Mountain National Park with uphill winter trail ascents and downhill off-trail descents. Fee includes guide, equipment, hot chocolate, adventure and transportation. You must bring your own lunch. Registration deadline February 13.



Day	Date	Time	Activity #
Tue	Feb 28	7:30 a.m.-5:00 p.m.	5172.101
Fee:	R \$48 / NR \$60		

Disenchanted, BDT - Easy

Poisoned apples. Glass slippers. Who needs 'em?! Not Snow White and her posse of disenchanted princesses in the hilarious hit musical that's anything but Grimm. Forget the

princesses you think you know, and say hello to **DISENCHANTED!** This is an adult comedy. Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline January 31.



Day	Date	Time	Activity #
Sun	Mar 5	11:30 a.m. - 4:30p.m.	5167.101
Fee:	R \$45 / NR \$56		

Balistreri Vineyards - Moderate

Balistreri Vineyards is a family-owned and operated winery dedicated to making fine-quality wine. Balistreri's wines are made completely natural, with both traditional wine-making methods and modern technology to produce award winning wines. You will receive a complimentary tasting of award winning wines, a tour of the wine cellar and winemaking facilities and lunch. Fee includes tour, tasting and transportation. Meal is on your own. Registration deadline February 27.



Day	Date	Time	Activity #
Tue	Mar 14	10:30 a.m. -2:00p.m.	5168.101
Fee: R \$14 / NR \$18			



The Art of Cheese - Light

Learn an easy and delicious mozzarella recipe, and have some hands-on fun as you stretch the curd to create (and then eat!) a deliciously fresh and flavorful warm mozzarella. You'll also make a fresh ricotta and then combine these two wonderful cheeses into an easy burrata – a tasty stuffed mozzarella treat! After class you will have lunch at the Cheese Importers. Fee includes class and transportation. Meal is on your own. Registration deadline February 27.

Day	Date	Time	Activity #
Wed	Mar 29	9:00 a.m.—1:30p.m.	5169.101
Fee: R \$53 / NR \$66			



MAMMA MIA!, Buell - Easy

Now it's your turn to have the time of your life at this smash-hit musical that combines ABBA's greatest hits with an enchanting tale of love, laughter and friendship. Whether it's your first visit or your fourteenth, see the show that has the whole world coming back for more, because every time feels like the first time at MAMMA MIA! Fee includes show and transportation. Registration deadline February 13.

Day	Date	Time	Activity #
Sat	Apr 15	1:00 - 5:30p.m.	5170.101
Fee: R \$51 / NR \$64			



Martini's Bistro, Longmont \$\$ - Easy

Martini's Bistro is an upscale restaurant and bar in Longmont offering casual American dining and happy hour. Built in approximately 1890, Martini's Bistro is located in a house on the Historical Society's west side walking tour and is known for having the first bay window in Longmont. Fee includes transportation. Meal is on your own. Registration deadline is January 2.

Day	Date	Time	Activity #
Tue	Jan 17	4:30 - 7:30p.m.	5180.101
Fee: R \$9 / NR \$11			

The Cork, Boulder \$\$\$ - Easy

A fine dining tradition in Boulder for more than 30 years. The Cork prides themselves in providing a casual, yet attentive atmosphere, the best modern American cuisine, and most importantly, the freshest ingredients you'll find anywhere. Fee includes transportation. Meal is on your own. Registration deadline is February 6.

Day	Date	Time	Activity #
Tue	Feb 21	4:30 - 7:30 p.m.	5181.101
Fee: R \$9 / NR \$11			

Extended Travel

Flyers are available on all trips in the Columbine Lounge or for more information, call 303.926.2795.

Fall Colors & Lighthouses of the Great Lakes -

September 28

Trip starts with two nights in Chicago. Then Grand Rapids to see the Gerald Ford Museum. Then Mackinac Island for two nights. Next Green Bay, Door County and Wisconsin Dells. Included, a tour of Chicago, the quaintness of Mackinac Island, carriage tours, lighthouses, a Door County Fish Boil, a boat cruise, all while experiencing beautiful fall colors. **Trip presentation February 22, 11:30 a.m., in the Columbine Lounge.** Call 303.926.2795 to register for the trip presentation.

Special Events

Reckless Abandon Dinner & Concert

Ever wanted to hear your record collection played live? That's exactly what Reckless Abandon does, covering four decades of timeless songs from Country to Classic Rock. Reckless Abandon, is one of those "ACTS" you just simply have fun with. Before the concert you will enjoy a catered meal from Pasta Jay's. Cash wine sales available through the Erie Rotary Club. Event held at the Erie Community Center. Registration deadline January 15.

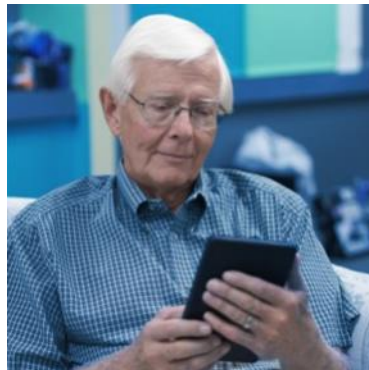
Day	Date	Time	Activity #
Fri	Jan 20	6:00 - 8:00 p.m.	5151.101
Fee: R \$13 / NR \$16			

The Senior to Senior Dinner & Prom

Reminisce your High School prom hosted by the Erie High School Student Government. You will be treated like royalty as you walk down the red carpet and enter the world of Hollywood. A catered meal of three-cheese tortellini Alfredo from Fazoli's will be served. Relive your glory days with a DJ playing your favorite songs from the 40's, 50's 60's and NOW as you dance the night away. Registration deadline is February 12.

Day	Date	Time	Activity #
Fri	Feb 17	6:00 - 8:00 p.m.	5152.101
Fee: R \$13 / NR \$16			

General Interest



Get Started with Social Networking, Facebook 101

Facebook provides an excellent way to stay connected to family and friends online. But getting started can be frustrating and intimidating. Learn the basics of setting up and using a personal Facebook account including posting and sharing photos, finding friends, commenting on posts, online chatting and managing your privacy settings. You can bring your smartphone, tablet or laptop to follow along, but a device is not required. A handout with detailed instructions is provided.

Day	Date	Time	Activity #
Wed	Jan 11	8:30 - 10:30 a.m.	5134.101
Fee: R \$17 / NR \$21			

Build a Positive Online Presence to Get or Stay Employed

Searching for a new job? It's safe to assume that some employers are running an Internet search before they call you. Currently employed? Did you know that some of your employees, peers and business associates are looking you up online? Learn how to create professional profiles on sites like LinkedIn as well as clean up personal social media profiles (Facebook, Instagram, Twitter) to ensure that your online reputation helps, not hurts, your employment prospects.

Day	Date	Time	Activity #
Wed	Feb 8	6:00 - 8:00p.m.	5135.101
Fee: R \$17 / NR \$21			

American Mah Jongg for Beginners

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the game's fundamentals: the tiles, the card, the mechanics of playing, and some basic strategies to enjoy the game. Registration deadline is February 6. Instructor: Susan Simpson.

Day	Date	Time	Activity #
Sun	Feb 12 - Mar 5	1:00 -3:30p.m.	5129.101
Fee:	\$85/ NR \$106		

Coffee and Canvas

Gallery On The Go events are fun canvas painting parties! Don't worry, art smarts are not needed. You don't need to be an artist to have fun...it's the Art of Socializing! An experienced guide gives you easy step by step instructions as you paint your very own version of one of our beautiful gallery selections in just two hours' time. All supplies are included and you will take your completed MYsterpiece home after the class.

Day	Date	Time	Activity #
Tue	Jan 17	12:30 - 2:30 p.m.	5138.101
Tue	Feb 21	12:30 - 2:30 p.m.	5138.201
Thu	Jan 26	6:00 - 8:00 p.m.	5139.101
Thu	Feb 23	6:00 - 8:00 p.m.	5139.201
Fee:	R \$30 / NR \$37		

Card Making

This drop-in class consists of several optional projects using mainly rubber stamping, but also incorporates other techniques to create cards. Card options include holiday, birthday, get well, hello, sympathy or blank. A non-card project will also be available, such as a gift bag. Please bring adhesive and scissors. Glue is provided. You must register one week in advance by emailing cards@stearmanpress.com. Registration limited to 12 spots. You pay the instructor the day of class.

Day	Date	Time
Sat	Jan 7	10:00 a.m.-12:00 p.m.
Sat	Feb 4	10:00 a.m. - 12:00 p.m.
Fee:	\$2.50 per project	

Fitness & Wellness



Ask the Doctor Health Series

Speak to a health care professional from St. Anthony Hospital, Centura Health about the questions you have, to get the answers you need for healthy living. There will be food and refreshments served so you have a chance to reflect and discuss.

Podiatry and the Aging Foot

This month learn about pressure areas, skin damage, nail changes, and foot pain with Dr. Mark Birmingham. Registration deadline is January 23.

Day	Date	Time	Activity #
Tue	Jan 31	11:00 a.m. - 12:00 p.m.	5133.101
Fee:	Free		

Your Aging Eyes and Clear Vision for Life

This month you will sit down with Dr. Ken Kreidl, Ophthalmologist, and learn more about Age-related macular degeneration (AMD), Cataracts Diabetic retinopathy, Dry eye and Glaucoma. Registration deadline is February 20.

Day	Date	Time	Activity #
Tue	Feb 28	11:00 a.m. - 12:00 p.m.	5133.201
Fee:	Free		

Erie Never Stops Walking

You will receive a log to record your weekly indoor walking. Total laps will be recorded weekly on a group chart. The group progress will then be tracked on a map as we walk around the United States. On Mondays staff will walk with the group. After each session we celebrate our successes at a potluck. Registration is not required.

Date	Time
Jan 8 - Mar 4	10:00 - 11:00 a.m.
Fee:	Pass punch for SilverSneakers members and ECC Pass holders
	Daily admission for all others per walk.



Blood Pressure Checks

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 am – Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

Medicare Counseling

Free counseling is available for help with Medicare issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance. They can help you navigate through your Medicare choices and provide objective answers to your questions. To speak to a counselor or to set an appointment, call the University of Colorado Health Senior Services at 970.313.2796.

Alzheimer's Association Caregiver Support Group

Build a support system with people who understand. This support group, conducted by trained facilitators, is a safe place for current or former caregivers, family, and friends of persons with dementia to exchange practical tips on caregiving, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Meetings held at the Erie Community Center on the 1st Thursday of every month at 4:00 p.m. To register or for more information, call 970.392.9202.



Via Mobility

Via Mobility Services provides accessible on-demand transportation and mobility options information and referral for older adults, people with disabilities, and others living with mobility limitations. Via provides transportation in Erie, Louisville and Lafayette Monday - Friday, 7:30 a.m. to 5 p.m. Service is available in Boulder and Longmont upon request. Ride requests may be made up to seven days in advance by calling 303.447.9636.

Hearing Screenings

Award-Winning Family Hearing Centers is "HEAR" for you from 9:00-11:00 AM in the Lehigh Room. Complimentary services provided include wax removal, hearing screenings, as well as hearing aid maintenance & repairs. Sign up for a consultation for your EAR-related needs and/or questions, 303.926.2795. If you cannot make these times, Family Hearing can book a complimentary appointment in their office as a member of the Erie Community Center. Please call 303.665.0454 for an appointment at their location.

January 19, March 16, May 18

Loan Closet

If you are in need of non-medical equipment, such as a walker or shower stool, on a temporary basis, the Erie Rotary Club may be able to help. Call 303.926.2795, Monday - Friday, for more information.

